Waltham Forest
It's happening here

WIN! The new Apple iPod Shuffle 2GB. See page 18.

Waltham Forest

Waltham Forest News

Your Council keeping residents informed | www.walthamforest.gov.uk | Issue 6, 19 October 2009

It Doesn't Have to Happen

Teenagers send out anti-knife message

A group of youngsters from Leyton are taking on knife crime in Waltham Forest as part of a massive campaign to encourage young people to bin the weapons.

The four teenagers aged between 15 and 17 will be working as anti-knife crime campaigners in the government's 'It Doesn't Have to Happen' initiative to reduce knife carrying among 10 to 16 year olds.

Mum-of-two, Ebony Vincent, who is managing the London arm of the project, said: "They wanted to get involved because they know people, close friends, who have been killed with knives and that has had a massive impact on their lives. They want to help make a difference."

The six-month project will start with a major poster campaign carrying the message "carry a knife and lose your life," which outlines the effects of carrying a knife – both on a victim and a perpetrator.

Other projects are also planned and the initiative will culminate in a charity football match with the proceeds being used to improve youth provision locally.

Ebony said: "It is a really positive project and it will have a real impact on the lives of young people."

She added: "You could get a four year jail sentence if you carry a knife and when you get out you'll find it harder to find a job and have a criminal record. It is in no-one's interests for our young people to carry a knife.

The Council is also lobbying the Mayor of London for an extra 120 police officers to tackle what it describes as the disproportionate level of serious crime in Waltham Forest compared with other London boroughs.

Mario, Ebony Vincent and Huseyin are ready to spread the anti-knife message

> **They wanted to get involved because they know people, close friends, who have been killed with knives and that has had a massive impact on their lives.**

More info

To find out more about the 'It Doesn't Have to Happen' campaign visit **www.homeoffice.gov.uk**

For more information about the campaign calling for more police officers and to lend your support visit **www.walthamforest.gov.uk/backup**

News
02 Latest news from around the borough

Our Environment

06 Local organic food

Our Community

09 Afro-Caribbean Elders in E17

Housing
12 Ascham Homes Newsletter

Our Future

16 2012 Olympics site latest

Help us achieve 5,000 signatures by November 2009

We need your back-up

Complete and return the coupon on the back page or sign the petition online at **www.walthamforest.gov.uk/backup** to support our call for 120 extra police officers. Thanks to everyone who has supported us so far.

Waltham Forest

In my opinion

Thakur Vijay B. Chauhan
Local resident

On the 17 October Hindu, Sikh, Buddhist and Jain communities of Waltham Forest celebrated one of the biggest festivals in South Asia – Diwali. The origin of this word started with Dhopa and avali (Sanskrit words meaning earthen lamps and rows/lines) a day that dispels darkness and brings light. In the hundreds of years to follow these words slowly evolved and became 'Deepavali' or 'Diwali'.

For children it was a fascinating day full of fun, fireworks, and a house full of sweets. Gifts were shared, and diyas (lamps) lit as darkness threatened to engulf the light of the day in the evening. But the big question is what is the real meaning of Diwali or Deepawali and why do we celebrate it?

In Hinduism, Diwali celebrates the return of Lord Rama to Ayodhya after 14 years of exile after defeating Ravana, the demon king, thus celebrating the triumph of good over evil. The people of Ayodhya lit rows of lamps to welcome back their king. Diwali falls on the night of the new moon in the Hindu month of Kartik (Vikrama Calendar). Prayers are considered as an important task.

> **Diwali to me signifies the search and awareness of the inner light which dispels my ignorance and teaches me to be in love with my fellow beings.**

In Sikh faith, Diwali celebrates the return of Shri Guru Har Govind Ji to the Golden Temple in Amritsar. Emperor Jahangir at Fort Gwalior imprisoned the Sixth Sikh Guru and on his freedom and return to his beloved city the people of Amritsar lit earthen lamps to welcome back the Guru.

In Jainism, Diwali celebrates the day Lord Mahavira attained 'Nirvana' on the 15 October 527 B.C. Lord Mahavira established Dharma as followed by Jains all over the world. Buddhists of Nepal also celebrate Diwali. It is a day for friendship, hope and goodwill.

Diwali to me signifies the search and awareness of the inner light (Atman), which dispels my ignorance (darkness) and teaches me to be in love with my fellow beings - not just humans but all creatures of this beautiful Earth and nature itself.

Want to have your say?

If you live or work in Waltham Forest, have something you'd like to get off your chest, and can do it in around 300 words; Waltham Forest News wants to hear from you. Email the Editor at: walthamforestnews@walthamforest.gov.uk and tell us what you'd like to write about.

Environmental health officers check food is being properly stored

Raising food hygiene standards

- **Scheme aims to raise standards and boost local businesses**
- **Intensive supervision programmes ordered for the borough's worst food premises**

Waltham Forest Council has launched a pilot scheme designed to improve hygiene and promote local restaurants in the run up to the Olympics.

The project aims to give the borough's least hygienic food businesses intensive supervision and advice so they can rapidly improve and maintain standards.

It is hoped that doing so will make the businesses more attractive to local residents and make them more profitable, therefore supporting the local economy.

The businesses will get frequent and repeated visits from environmental health officers who will identify areas in need of improvement and offer advice on how to provide healthier food.

Food must be stored at the correct temperature

More info

For more information about food hygiene in Waltham Forest contact the Food Safety team on **020 8496 3000** or log on to **www.waltham forest.gov.uk/food**

Fact file

- Environmental Health Officers are responsible for inspecting all food businesses in Waltham Forest
- In the last year the Council has ordered 17 food premises to close
- The work of environmental health officers will be featured on an ITV1 documentary series called Dishing the Dirt which began on 13 October
- Inspectors have closed premises where they have found walls covered with mould, cardboard crawling with cockroaches, and abysmal standards of hygiene
- Despite the horror stories, the vast majority of food businesses in Waltham Forest are clean, hygienic and well run
- Inspectors visit food businesses around once a year and turn up unexpectedly. They have the power to close premises or demand that improvements are made

Waltham Forest News

Editor: Andy Strickland

Waltham Forest News wants to hear from people in the local community. If you have a story that you'd like us to cover, email **walthamforestnews @walthamforest.gov.uk** or call 020 8496 3000.

Advertising and promotional enquiries: Sunil Duggal, 020 8496 3000 (press 6) advertisingwfn@walthamforest.gov.uk

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Approved by Plain English Campaign

recycle for Waltham Forest

Local workers get royal approval

- **Prince Charles meets local workers to celebrate training scheme**
- **Waltham Forest's young people invited to get involved**

Two young Waltham Forest residents working on the Olympic Park site met with the Prince of Wales recently, to discuss employment and training opportunities.

The heir to the throne was attending an event to celebrate a Prince's Trust training scheme called 'Get Into Construction', when he met with Leyton's Daniel Hartgen and Ari Lutete, from Walthamstow.

Daniel had been long-term unemployed before contacting The Prince's Trust, and was on the construction training course just three days later.

"I had always been interested in construction but didn't know how to get into it," he said. "The training was great as when it comes to working, I have terrible confidence. Being in the same boat as everyone else really helped."

Daniel now has a permanent job on the Olympic Park site and was only too happy to share his experiences with the Prince.

"I was really looking forward to speaking with Prince Charles. When he found out I was working on the Olympic Park, he asked how things were going. He seemed really interested."

Ari, who works three days a week building the Olympic Stadium, is another local success story, thanks to 'Get Into Construction'.

Local lad Ari discussed construction training with Prince Charles

"It's great working at the site. I'm getting to do lots of different things and learning lots. I feel really lucky."

After meeting the two local lads, the Prince added: "As the economy is getting tougher, now is an important time to be working with partners to get young people on apprenticeships.

"The key is assessing the individual young person and finding out where they are in their lives and offering them the right programme."

More info

For more information on Get Into Construction, visit **www.princes-trust.org.uk** or call The Prince's Trust direct on **0800 842 842**.

In brief

Police campaign backing tops 1,500

More than 1,500 people have backed the Council's campaign for extra police officers since its launch in August.

The Council has analysed police data and believes disproportionate levels of serious crime in the borough mean an additional 120 police officers are needed to bring it in line with areas facing similar issues.

Since launching the campaign there have been a number of roadshows around Waltham Forest where residents have been asked to support the campaign. People can also sign up to an online petition.

The latest event at Walthamstow on 2 October, saw an extra 185 people sign up to support the campaign.

- **For more information log on to www.walthamforest.gov.uk/backup**

Don't hide the gun

A hard-hitting campaign warning teenage girls not to stash guns for their boyfriends has been launched across London.

The adverts are designed to combat the growth in the number of young women who are being arrested and convicted of carrying weapons.

So far this year 12 women have been charged with possessing a gun, of which seven were teenagers. This compares with 13 last year and two the year before that.

- **For more information about the work the police are doing to tackle gun crime log on to www.met.police.uk**

Hunt for miracle cat's owner

The RSPCA is trying to find the owner of a black and white cat who miraculously survived being hit by a train in Walthamstow.

The four year old male cat, dubbed 'Lucky' by his rescuer, Animal Welfare Officer, Nicola Thomas, needed to have his tail surgically removed at an animal hospital in Finsbury Park after the accident.

Lucky was hit by a train near Walthamstow Central Station before being rescued by a passing train driver who took him to the station's ticket office, with his tail hanging by a thread.

A very lucky cat

Nicola then rushed him to Harmsworth Animal Hospital suffering from shock, where he was stabilised and after a couple of days, vets operated and removed his tail.

Nicola said: "When he first got to hospital, they were really concerned about him, he was in a state of shock, his heart rate was off the scale and he was very pale. They were concerned he would not last 24 hours.

"He is a lovely cat, really friendly, all he wants to do is sit on your lap and purr at you all day. We assume he is owned by someone because he has been neutered and he is too friendly to be feral."

More info

If you think Lucky is your cat, you can contact the RSPCA on **0300 1234999** quoting reference 858 23/9.

News

In brief

Love your borough

Time's running out for snap-happy residents wanting to enter the 'Love Your Borough' photo competition, with that 9 November deadline approaching fast.

The competition is open to residents of all ages and the brief is simple: take us a pic of a site or scene from around Waltham Forest that sums up why you love it here so much. The top three entries will win vouchers worth £300, £150 or £50 and the best twelve will be exhibited at a later date and appear in a calendar to be sold in aid of the Mayor's charity.

- **For more information visit www.walthamforest.gov.uk/love-your-borough or call 020 8496 3000.**

Building relationships

While construction is a major source of business and employment, noisy or messy building sites can also be a real bugbear to those living or working nearby. To help things run more smoothly and encourage a sense of neighbourliness between developers and local people, all large construction sites in Waltham Forest can now sign up to the national Considerate Constructors Scheme (CSS).

The scheme is simple to sign up to and, in a nutshell, asks site workers to be aware of issues like noise, light and air pollution whilst giving them practical advice on how to be more considerate.

- **To sign up to the scheme or find out more visit www.ccscheme.org.uk**

Fantastic Fireworks

The nights are closing in and fireworks are on sale in the shops, which means Fireworks Night is just around the corner.

The Council's annual Fantastic Fireworks display will be held at Chestnuts Field behind the Town Hall, in Forest Road, Walthamstow, on 5 November.

Entry costs £4 for adults, £3 for under 16s and senior citizens, while under fives go free. Gates open at 6pm and the fireworks begin with a bang at 8pm.

There will also be a funfair and hot food and drink on sale. People planning to attend are recommended to use public transport.

- **For more information about the Firework Night celebration visit www.walthamforestgov.uk/fantastic-fireworks**

Pick 'n' Mix dance

People can get their fill of tasty dance treats at a free event that celebrates the work of Waltham Forest's talented choreographers and dancers.

Pick 'n' Mix: The Dance Selection will take place at the former Woolworths store in Leytonstone on Saturday 24 October.

In a nod to the venue's past, Pick 'n' Mix will showcase a selection of dance in mouth-watering morsels. No single performance will be longer than 10 minutes.

Ticketed performances take place at 2pm, 5pm and 8pm. Tickets are free, but should be reserved in advance.

- **For more information, including ticket reservation, contact East London Dance on 020 8279 1050 or email office@eastlondondance.org**

Rough Trade – one of the legendary names to feature in Alex Ogg's new book

Walthamstow rock city

- **New book from local author charts the rise of the UK's independent record labels**
- **Spotlight shone on Walthamstow's own pocket of forgotten musical history**

While many of us will be aware that the likes of Damon Albarn and that bloke from Iron Maiden rattled around Waltham Forest before hitting the big time, there's also a whole chunk of musical history missing from popular memory – one that local author Alex Ogg has helped shine a spotlight on in a new book.

"Independence Days" documents the trailblazing labels that brought the likes of Joy Division, the Smiths and the Pixies to the masses as well as the tales surrounding many lesser-known imprints who nevertheless played an important part in the burgeoning indie music scene of the late 70s and early 80s.

One of these oft-overlooked labels forms a part of Walthamstow's own musical heritage: Small Wonder Records. "The label's impact is somewhat forgotten now, but for a long and important period it was the cornerstone of punk and independent music in east London, providing a shop, label and distribution in a similar manner to Rough Trade out west," said Alex. "Of course, Small Wonder never signed the Smiths, but it's also become something of a 'lost' story because founder Pete Stennet abandoned the music industry – he never wanted to 'expand' but he and his wife Mari were true pioneers and released debut recordings by bands like Crass, The Cure and Bauhaus."

The book – itself published by indie imprint Cherry Red – was the result of two years' brow-furrowing labour that saw Alex interviewing a rogues gallery of instigators, agitators, idealists and innovators, many of whom remain active as musicians, entrepreneurs, label afficionados or eagle-eyed A&R folk who've brought acts like TV On The Radio, Duffy and the Strokes to our attention.

More info

For more information on 'Independence Days' visit **www.alexogg.com**

Fact file

- Though many of today's major labels ostensibly started out as 'independents', the book largely focuses on upstart labels forming just before or just after the 70s punk boom.
- Big names like Rough Trade, Factory, 4AD, Chiswick and Stiff rub shoulders alongside smaller labels like Crass, Small Wonder and Southern.
- These labels' rosters included everyone from underground punk acts like Flux Of Pink Indians to indie landscape-shapers the Smiths and household-name pop acts like Madness, New Order and Depeche Mode.
- Though many of the labels covered have long-since folded, the ideals, practises and infrastructures they set down can be traced today to the likes of Domino, Fat Cat and Dischord.

Young voice grows louder

- **New influx of young people recruited to work with council**
- **Youth agenda set out at meeting with local officials**

After a summer-long recruitment drive, the latest additions to Waltham Forest's numerous youth projects met with local officials last week, to discuss how young people can be more involved in the borough.

New members of the Flava Press Gang, Young Advisors and Youth Independent Advisory Group (YIAG), set out their plans for the future at a launch event held at Walthamstow College.

With the three groups already well established, the next generation said building on the success of previous years would be their main focus.

"After speaking with everyone at the launch, it's clear that we all know what has already been achieved and what we want to do next," said Shanice Ballaram, who joined the Flava Press Gang earlier this month.

"It's great that young people have this chance to say what we feel is right for Waltham Forest. The success of this event really showed that people are willing to listen to what we have to say."

The three groups are made up of young people aged from 11 to 19 years old, from all corners of the borough, and focus on different aspects of youth activity.

The Flava Press Gang are set to become regular contributors to Waltham Forest News, while the Young Advisors will provide more structured advice to the Council on how to engage with young people.

Elsewhere, the YIAG will continue to work alongside police to tackle crime.

Young people at the launch event

More info

For more information on any of the above youth groups, contact James Gould on **020 8496 3000** or visit **www.walthamforest.gov.uk/education** and follow the links for youth services.

In brief

A healthy career option

Teenagers interested in a career in the health services were given a chance to find out what it's really like recently.

Sixty Year 8 pupils from across the borough attended an open day at Walthamstow Academy on Saturday 10 October, to speak with professionals in face-to-face workshops.

Nurses, pharmacists, dentists and doctors were all on hand to advise students on qualifications, salaries, hours of work and the demands facing modern-day health care.

The event, organised by VT Group, is one of a series designed to give young people a better idea of life after school.

- **For more information, contact Asha Suri on 0845 877 0031.**

Waltham Forest talks shop

It's been a hot topic of conversation from the corridors of Whitehall to the queue at the local chip shop, so it was inevitable that this year's State of the Borough Debate would focus on the recession. The event, which took place last Thursday at Leyton Orient, saw a frank and spirited discussion between residents, businesspeople, councillors and representatives from the likes of the Citizens Advice Bureau, Jobcentre Plus and the Council's WorkNet scheme.

The event was chaired by John O'Brien, Chief Executive of London Councils and featured thought-provoking insights from Kate Green, Chief Executive of the Child Poverty Action Group.

- **To find out what the Council is doing to help you through the recession visit www.walthamforest.gov.uk/out-of-recession**

aschamhomes
www.aschamhomes.org.uk

Waltham Forest Energy Fair

Saturday 31 October
10am-4pm
Walthamstow Town Square

- Come along and take part in our "Bulb and Bag Amnesty".
  - Bring along your old 100w light bulbs and we will give you **FREE** energy efficient ones (up to three bulbs per household).
  - Bring 10 plastic carrier bags, and we will swap them for one reusable shopping bag.
  - All bulbs and bags will be recycled.
- There will be advice on saving energy in your home and the grants available to help you, as well as help to beat the recession.
- Other giveaways will include thermometers, power-down devices and many more.
- Come and sample smoothies blended using your own pedal power!

For more details about the event, contact Private Sector Housing on 020 8496 3000 or visit www.walthamforest.gov.uk/housing

Waltham Forest

In brief

Larks Wood history explored

Natural history lovers are in for a treat with a special event organised to look at the chequered past of Larks Wood.

Autumn Tints in Larks Wood will take place between 10am-12.30pm on 1 November and takes an informal look at the natural history of the area.

Those interested should meet by the Normanshire Drive entrance to Larkswood Playing Field in Chingford, booking is not necessary and children and well behaved dogs are welcome.

• For more information contact Pam Sable, Friends of Ainslie and Larks Woods on 020 8524 5794.

Volunteer for conservation projects

British Trust for Conservation Volunteers (BTCV) are having a recruitment drive in Waltham Forest and want residents to help manage conservation sites and improve wildlife in the borough.

The Trust's local branch focuses on projects in Lea Valley and Waltham Forest and recently organised a clear up in Larks Wood which involved removing dead matter from one of its ponds and cleaning it up.

Events take place every Thursday and, while volunteers don't need any experience, they are required to be over 18 and have an up to date tetanus jab. BTCV will provide tools, drinks, protective clothing and full training.

• For more information contact Mark Blaxall by calling 020 8986 7173

Give or Take events

One great way to reduce, reuse and recycle is by popping along to one on Forest Recycling Project's Give or Take days. The free events give residents the chance to clear out their unwanted household goods or snag something handy for free.

The next full-blown affair will take place from 11am-3pm on Sunday 25 October at Sainsbury's, 11 Walthamstow Avenue, Chingford E4 as part of Watch Your Waste Week. Two smaller Give or Take events will also be taking place at FRP HQ at 2c Bakers Avenue, Leyton E10 on 21 and 22 October from 10am-4pm as part of a mini environmental fair.

• For more information please contact FRP on 020 8539 3856 or visit www.frponline.org.uk

Organiclea member Mrs Begum with the fruits of her labour

Local vegetable scheme celebrates first birthday

• Local produce sourced in and around Waltham Forest

• Volunteers prepare and deliver fresh produce

A Walthamstow-based fruit and vegetable growing scheme has big plans for the future after celebrating its first birthday.

Organiclea Community Growers' vegetable scheme is based at the Hornbeam Centre on Hoe Street and receives fresh fruit and veg every Wednesday from local gardens and allotments, with orders then being prepared for collection or delivered by bicycle or trailer.

The scheme aims to source even more of its produce locally next year, when it is hoped that 30 percent is grown no further away than Organiclea's new growing site and nursery in Chingford.

Box scheme coordinator, Rebecca Tully, said: "Our aim is to make this a sustainable business – if we didn't, it couldn't continue. But we're trying to do this creatively; volunteers help out on a flexible basis, learning more about food production and perhaps for work experience, and this keeps the project ticking along in a more stable way.

"The benefits from community involvement are that one more shop-front stays filled, people understand their area and feel safer, and people's money stays in the community. All this on top of feeling healthier from eating fresh fruit and veg.

"But it will only continue if people use it – we're aiming to be selling 100 bags a week by our second birthday."

Organisers are also appealing for residents who are interested in volunteering and helping to pack the boxes or deliver produce to get in touch.

More info

To find out more visit **www.hornbeam.org.uk** or, if you have a specific question you want answered, call **07588 422263** or email **rebstully@yahoo.com**

Grab green goodies in Walthamstow

- **Energy Fair on 31 October offers advice to residents on how to go greener**
- **Launch of plastic bag amnesty – trade in your old carrier bags**

Savvy shoppers can get advice on saving cash and going green at the Energy Fair on Saturday 31 October.

The event takes place from 10am-4pm in Walthamstow Town Centre and aims to let residents know how a few simple lifestyle changes can have a big impact on what's left in their wallets at the end of the month.

One simple tip is to switch those old-fashioned lightbulbs for newer energy-efficient ones, and to help you on your way the folks at the Energy Fair are asking shoppers to bring along their old 100w light bulbs and swapping them for energy-saving bulbs.

The event will also mark the launch of the Council's plastic bag amnesty, where shoppers can swap 10 plastic carrier bags for one reusable shopping bag.

While we might not give them a second thought at the checkout, we use a staggering eight billion plastic bags a year as a country, and this tots up to around 100,000 tonnes a year of waste going to landfill.

Aside from exchanging your environmentally-unsound items for greener options residents will also be able to get a stack of handy energy-saving tips to help make eco-friendly lifestyle changes around the house.

If you miss the event in Walthamstow, then fear not – other plastic bag amnesties will take place in Leyton, Leytonstone and Chingford in the coming weeks and you can also swap your ten plastic bags for a reusable cloth one at any WFD shop.

More info

To find out more about the plastic bag amnesty visit **www.walthamforest.gov.uk/climate-change**

In brief

Watch your waste week

Residents can benefit from some handy recycling advice as Watch Your Waste Week comes to Walthamstow on October 24.

Shoppers can find out more about the Council's doorstep recycling scheme and mixed recycling pilot and get some handy hints and tips about all manner of waste reduction.

Waltham Forest Council is trying to recycle 40 per cent of its waste by 2011 in an effort to reduce the amount of rubbish that is sent to landfill, and is calling on residents to back the scheme.

- **For more information the event takes place at The Mall in Selbourne Walk, Walthamstow, between 10am-2pm.**

Please display the other side of this leaflet in your window or door if you would prefer trick or treaters not to call

We know that many residents are worried about people coming to their door at Halloween, particularly those calling late in the evening. **You do not have to answer the door to them.**

- Do not let anyone in your house unless you are happy with their identity
- Do not deal with doorstep sales people unless you are sure that they are genuine
- Always ask for identification from official callers

To report anti-social behaviour call Waltham Forest Direct on 020 8496 3000

Other useful contacts
Waltham Forest Police (non emergency) 0300 123 1212
London Fire Brigade (non emergency) 020 8555 1200
Victim Support Waltham Forest 020 8988 8690
Age Concern Waltham Forest 020 8558 5512

In an emergency call 999

SafetyNet

www.walthamforest.gov.uk/safety

Waltham Forest

Advertising

Business continuity plan

MIND YOUR OWN BUSINESS!!!

LONDON PREPARED
Resilience Through Planning

There are certain resources that are vital for an organisation to deliver their products and/or services. These are critical to an organisation's very existence, financial well-being and reputation.

One such resource is the people who work for you. Without your staff, your organisation may not be able to function. Your workforce can be affected through illness, transport disruptions or industrial action. Many more risks exist that can potentially hurt your organisation.

Business continuity management aims to be pro-active in the identification of risks and management of a crisis. A well-written business continuity plan can effectively minimise disruptions to your organisation.

The Council wants your organisation to succeed and be prepared for any risks that may affect your ability to trade. We are offering free advice on business continuity management.

For more information, please contact the Civil Contingencies Unit on 020 8496 3000, email business.continuity@walthamforest.gov.uk or visit www.londonprepared.gov.uk

Waltham Forest

SafetyNet

www.walthamforest.gov.uk/safety

Waltham Forest

Our Community

Issue 6, 19 October 2009
www.walthamforest.gov.uk

Walthamstow West

The Afro-Caribbean Elders Association welcomes new members

Dominoes effect

- **Popular local club running since 1990**
- **Trips and cultural visits along with advice and guidance**

It's not difficult to find the Afro-Caribbean Elders Association (ACEA) in an unassuming Walthamstow community centre. The sounds of dominoes being banged on tables, melodic reggae music drifting on the breeze and unrestrained laughter can be heard from the street outside drawing the visitor in. Inside it's warm greetings, men in caps and cardigans sat at tables, while the women sit back and talk, busy themselves with admin tasks or help with the lunches.

Organiser, Joyce Maragh, describes their activities. "Dominoes, women's activities, light lunches," she explains over the banging. "We organise trips to the seaside, we visit museums, have an annual picnic, a dance and we recently had a fun day to raise funds. By 2pm today everyone will be beaming," says Joyce. "We do lots of socialising but we also give advice and we have a group who visit the sick ones.

"We have 125 members at the last count," says Joyce. "We have a member from Hackney, but most are more local. We welcome anyone over 50. There's no criteria to becoming a member – all are welcome if they are retired. We are happy to have new members but what we really need is funding for premises!"

More info

The ACEA meets every Monday and Wednesday at the William Morris Community Centre, 8 Greenleaf Road, Walthamstow from 1pm. Call them on **020 8509 0067.**

In brief

Green Drinks

Imagine a social evening where like minded souls come together regularly to share information, get inspired, meet each other, make plans to protect communities and our planet, and have a good time. Now imagine it on a global scale-that's what Green Drinks is all about.

Inspired by the community spirit found in the borough, local Green Drinks are now being hosted in Walthamstow on the 1st and 15th of the month. This isn't a meeting, rather a social event. Wear something green and find like-minded souls at the Rose and Crown pub on Hoe Street, Walthamstow.

- **More information from www.greendrinks.org**

Exciting youth music projects

Community Councils often consider youth projects, but music projects are a rarer beast.

The Mornington and Lantano Trusts have brought exciting musical projects to our schools for some years now and are planning two more for next year. A 'Rap Oratorio' about Walthamstow will enable budding rappers and MCs in local schools to work with composer Juwon Ogungbe and work towards a public performance.

Higham Hill pupils will be able to work on 'Walthamstow Market Sings Once More' which will celebrate the cultural diversity of the market in music and market trader's chants. Sounds amazing.

- **More information from Odaline at the Lontano Trust on 020 8521 8075.**

Johnny, remember him?

The local Conservative Club might not be an obvious place to go looking for live rock 'n roll, but once a month in Church Lane, Walthamstow, the Queen's portrait is covered up and the drape jackets are out in force as Freddy Boy (Humphries), brings some great live acts to town.

With the dust still settling after a recent performance by the Sensational Rhythm Aces, next month sees Bernie Woods and the Forest Fires playing on Saturday 28 November. Christmas Eve looks a cracker too with the famous John Leyton and the Flames appearing live. C'mon everybody!

- **More information from Freddy himself on 07930 544312.**

What's On

Sports and fitness

Youth Football Sessions

Mondays, 4–5pm (8-11yrs) and 5–6pm (12-16yrs). Priory Court Community Centre, 11 Priory Court, South Countess Road, Walthamstow. Circle 33 Housing Trust has teamed up with Leyton Orient Community Sports to put on free football sessions for young boys and girls. Just turn up and play. **For more information email gulsun.faik@circleanglia.org or call 020 8531 9990.**

Wingrove Short Mat Bowls Club

Tuesdays 9.30-12.30pm and 7-9.30pm Scout Hall, End of Beech Hall Road, Highams Park, Chingford. All standards including beginners welcome. Flat shoes must be worn. £2 per session. **For more details call 020 8529 8865.**

WFCC ride of the month

Last Sunday of every month, 10am. Walthamstow Library, Town Square, Walthamstow. Leisurely bicycle rides starting from Walthamstow Library to a range of interesting destinations. Usual time is 10am but may vary. **Please ring Gerhard on 020 8521 1893 or visit www.wfcycling.org.uk for information on individual rides.**

Waltham Forest Swimming Club

Monday and Friday evenings. Waltham Forest Pool and Track, Walthamstow. **Wednesday evenings.** Larkshall Leisure Centre, Leytonstone. Learn to swim, keep fit, compete or have fun. **For more details call Esther on 07931 592453 or email hillshousehold@btinternet.com**

Swimming

Tritons Swim School provides swimming lessons for all ages at Forest School, Walthamstow and has classes over the autumn and winter terms. **Detailed information and updates on our lessons can be obtained from www.tritonsswimschool.blogspot.com, or email from info@tritons.org.uk or telephone on 020 85217192.**

Stretch, tone and relax

Thursdays, 7.30-8.30pm. Chingford Methodist Church, Station Road, Chingford. A revitalising and relaxing workout which includes a blend of stretching, balance, posture work and relaxation. Inspired by Pilates and Yoga as well as new dynamic techniques, this class is taught to relaxing music. **Call Lucilla on 07956 695077 for details.**

Tai Chi for families

Every Saturday 10-12noon. St Gabriel's Family Centre, Havant Road, Walthamstow E17 3JF. Shaolin Gongfu / Chen-style Tai Chi training for parents and children. Getting bored of dropping the kids off for activities while you have to wait? Here's an excellent opportunity for you to train, get fit and have fun together. £5 per class/hour. **For more information, please contact Aileen on 07713 152999 / taichiwf@hotmail.co.uk**

Shotokan Karate

Every Wednesday, 5-6.30pm. St Francis Hall, Hawkwood Crescent, Chingford. Keep fit and learn to defend yourself at our friendly fun club. Parents welcome to train with children aged four and upwards. Classes for beginners and more advanced levels, so don't be shy - come along and try. **For more information call Jacqueline on 07812 562113.**

Olympic freestyle wrestling

Sundays 10– 12noon (Adults), Sunday 12.15–1.45pm (children under 14). Leytonstone School Sports Centre, James Lane, Leytonstone. Come and train in an Olympic sport in a fun and friendly environment. No experience necessary. Adults £4, children under 14 £3. **Contact Imran on 07958 251945 or Amir on 07940 588196 or visit www.teamusb.co.uk for more information.**

Tell us what's on

walthamforestnews@walthamforest.gov.uk

Clubs and community

Walthamstow & District Photographic Society exhibition

Monday 26-Saturday 31 October. Monday to Friday 7-8pm and Saturday 10:30am-9pm. Special events each evening from 8pm. The Welcome Centre, Church End, Church Lane, Walthamstow. More than 200 photographs by members of the Walthamstow & District

Photographic Society. The W&DPS is one of the oldest clubs in the borough and has been holding an annual photographic exhibition in Walthamstow for over sixty years. Free admission, refreshments available. **More at www.wdps.org**

Leyton and Wanstead Flower Club quiz night

Saturday 31 October. 7.30pm. Grovesnor Hall, Grovesnor Road, Wanstead. Fun quiz night. Bring your own food, or have our excellent ploughman's. Bring own drink. £5 own food, £7.50 with ploughman's. Tables of eight preferred but we can always find people to share.

Larkswood nature trail in Autumn

Sunday 1 November, 10am until 12.30 pm. Join the Friends of Ainslie and Larks Woods on our walk commencing at Larkswood Playing Field (Normanshire Drive entrance), Chingford. Children welcome if supervised by an adult and also well-behaved dogs. **Contact 020 8524 5794.**

Highams Park Gardening Club

Second Tuesday of every month, 7.30– 9.30pm. Winchester Road Methodist Church Halls, Highams Park, Chingford. Our back-to-basics community club offers garden soils, seed sowing, plant cuttings, seed exchange and seasonal advice. £1 per meeting, annual membership £3. **Contact David Spicer on 020 8531 3178 for more information.**

The Good Life Club (Social Club for the over 55s)

Wednesdays from 1– 3pm. Jubilee Hall, Greenleaf Baptist Church, Greenleaf Road, Walthamstow. Programme of speakers or entertainment and occasional outings, plus tea and biscuits. Weekly subscription just £1. **For more details call Bernard on 020 8521 3953.**

Tell us what's on

walthamforestnews@walthamforest.gov.uk

Culture and crafts

Jazz

Thursday 29 Oct 8.30-10.30pm. E17 jazz @ The Plough, 173 Wood St, Walthamstow. Adam Bishop Trio: Adam Bishop - Tenor Sax, Will Collier - Double Bass, Nick Smalley - Drums. Fantastic new trio playing Bishops' 'superb sinuous' compositions. £5. **020 8520 0565.**

Rock 'n' roll

Saturday 28 November, 7.30pm-12.30am. Bernie Woods and the Forest Fires. Walthamstow Conservative Club, The Carlton Hall, 76 Church Lane Walthamstow. Freddy Boy proudly presents some good old rock 'n roll courtesy of Bernie Woods and the Forest Fires. Tickets £10 on the door. **Call Freddy on 07930 544312 for details.**

An evening of Spirituals

Saturday 24 October, 7pm. Emmanuel Church, Leyton, 149 Hitcham Road is having an 'Evening of Spirituals'. All proceeds are going towards the Church Stained Glass Window Project.

'The Life and Times of Paul Robeson' with Joe Stead

Saturday 14 November, 7.30pm-10pm. The Epicentre, West Street, Leytonstone. The son of a slave, Robeson rose from 'white man's lackey' to become a belligerent, forceful spokesman for Black human rights. The tragedy of Robeson's life is brought back to reality by this workshop in which the audience will be invited to join in songs led by Joe, and listen to the remarkable voice of Robeson himself. A chance for the audience to sing and learn about one of the most remarkable men in American musical and theatrical history. **Enquiries: 020 8555 5248.**

Fashion show

Friday 23 October, 6.30pm-8.30pm. Leytonstone Library. Fashion show, from traditional to classic, contemporary and urban wear. Mama Africa Kulcha Shap.

Self-portrait silhouettes

Sunday 25 October, 12noon-4pm. William Morris Gallery. Join artist Elizabeth Oniri to create your own self-portrait silhouettes inspired by the African-American artist, Kara Walker. Transport yourself back through time, a time before cameras and the modern digital age. Explore your imagination through simple shapes creating a wonderful art piece of yourself or a loved one. **Free drop in for families. Tel 020 8496 4390.**

Tell us what's on

walthamforestnews@walthamforest.gov.uk

Children and Young People

Storytelling and games

Tuesday 27 October, 1-2pm. Leyton Library. Age six-12. Storytelling and ring games from Africa and the Caribbean. Tales from all over Africa including, Anansi and Crick Crack stories. Ring games are interactive and energetic with plenty of noise.

Storytelling and games

Tuesday 27 October, 4-5pm. Leytonstone Library. Age six-12. Storytelling and ring games from Africa and the Caribbean. Tales from all over Africa including, Anansi and Crick Crack stories. Ring games are interactive and energetic with plenty of noise.

Black History

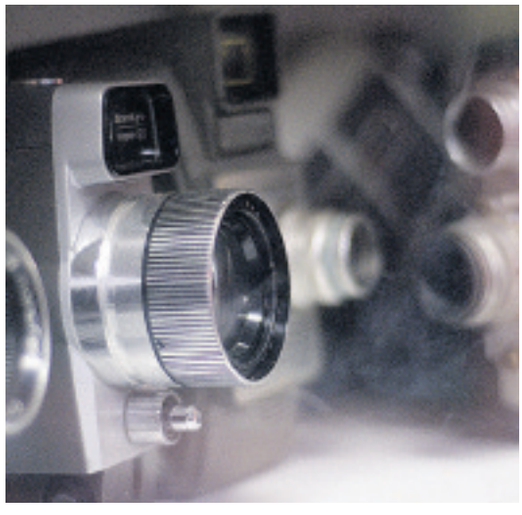
Tuesday 27 October 2.30-3.30pm. Leyton Library. Over eights. Learn about Black History, an interactive workshop for children.

Paul Robeson's life

Tuesday 27 October, 2.30-3.30pm. Walthamstow Library, Over sevens. Junior Douglas presents Paul Robeson's life in song and music, an interactive session for children.

Black women

Tuesday 27 October, 2.30-3.30pm. North Chingford Library. Over eights. Do you know any famous black women? An interactive workshop for children.



Black Icons
Tuesday 27 October, 9.30-10am and 10.15-10.45am.
Harrow Green Library – Flexible Learning Centre Black Icons contribution to world history. Children and young adults can search the internet for black icons and their history.

Pottery
Wednesday 28 October, 2.30-3.30pm.
Leytonstone Library. Over sixes. Pottery making event.

African dancing and drumming
Wednesday 28 October, 1-3pm.
Over eights. North Chingford Library. African dancing and drumming workshops.

African fabrics
Wednesday 28 October, 12noon-4pm.
Vestry House Museum. Look at African fabrics and black imagery. Produce a design using different mark making methods on paper, to create an image of a vase, with artist Sba Sheikh. Free drop in for families.

Creative writing
Thursday 29 October, 2.30-3.30pm.
South Chingford Library. Over eights. Creative writing workshop with Akosua.

Storytelling
Thursday 29 October, 10.30-11.30am.
Higham Hill Library. Under fives Storytelling.

Rap workshop
Thursday 29 October, 6-8pm.
Rap workshop. Young dynamic rappers from the local area will be performing their work as well as taking young people through the history of rap and hip hop. Free promo CDs.

Black History quiz
Thursday 29 October, 5.30-8pm.
Leyton Library. Family event. Black History quiz. Show off your knowledge and win prizes by participating in this dynamic Black History quiz. This will be an evening of entertainment. Individual and team entries welcome.

Jewellery making
Friday 30 October, 2.30-3.30pm.
Hale End Library. Over sixes. Jewellery clay making workshop.

Singing workshop
Friday 30 October, 2pm-3pm.
Harrow Green Library. Over sixes. Singing and voice workshop.

Dance and circus skills
Saturday 31 October, 2.30pm-3.30pm.
Leytonstone Library. Over eights. West African dance and circus skills.

Parents' meetings
1st Monday and Thursday of the month and Saturday.
Various locations in Waltham Forest. NCT Parents and Parents to be Meet ups. **Contact Alison Griffin: alison_griffin@hotmail.com on 0870 460 9532 for more details. www.nct.org.uk/in-your-area/walthamforest**

Guides
Girlguiding UK is a multi faith organisation for girls aged five upwards and even adults are welcome. Learn new skills, try new challenges and make new friends. **For further information please contact Kay Bibbey on 020 8521 8274 or visit www.girlguiding.org.uk**

Tell us what's on
Call 020 8496 3000

Council Meetings

Tuesday 20 Oct
Transport Liaison Consultative Group (7pm)

Wednesday 21 Oct
Voluntary Sector Forum (7pm)
Finance Scrutiny Sub-Committee
Licensing 2003 and Gambling Committee

Thursday 22 Oct
Full Council

All meetings are held at Waltham Forest Town hall unless stated otherwise, and start at 7.30pm

Are you 16-18?

Limited places available on some courses including:

- **Level 3 (equivalent to 3 A Levels)**
  BTEC National Diploma in Fashion
  BTEC National Diploma in Engineering
- **Level 2**
  Art, Care, Media and Sport
  Motorcycle Intermediate
  Painting & Decorating
- **Level 1**
  Progression Courses in Engineering, Fashion, Media, Music, Perfoming Arts, Travel & Tourism and General Vocational Education

Call **020 8501 8501** or just pop in and speak to an advisor at Forest Road, Walthamstow, London E17 4JB
www.waltham.ac.uk info@waltham.ac.uk

WALTHAM FOREST COLLEGE

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Leytonstone School, E11 1JD.
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The company that loves to perform
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walthamforest@theatretrain.co.uk
www.theatretrain.co.uk

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For Waltham Forest Council tenants and leaseholders

ahead

newsletter ■ October 2009 ■ issue seven

aschamhomes
www.aschamhomes.org.uk

News in brief

Win £100

Remember to fill out your 'Equality and diversity monitoring form sent to you with your rent statement. All forms completed and returned to us by 31 October will be entered into a prize draw of £100, so fill in your form because you could be one of three lucky prize winners!

Waltham Forest Community Credit Union
Telephone:
020 8520 8740
email:
enquiries@wfccu.org

eaga shower smart

This smart device regulates the flow rate of your shower, saving both water and associated energy with heating hot water.
You can obtain one by calling 0800 953 0033 and quoting offer H2. Visit their website at www.eaga.com

Working with WorkNet

A tenant visited our offices for an appointment with WorkNet who provide work related support to residents. After being made redundant after working for over 30 years in the construction industry, his redundancy came as a hard blow.

Mr Smith was able to learn new skills and gain a qualification. WorkNet searched for employment in his field and found that there was a high demand for NEBOSH qualified workers. After finding three training providers, an application for funding through the WorkNet discretionary fund budget was made. The application was successful and the tenant began his course in September and is very hopeful that he will be in full-time paid employment by Christmas.

Mr Smith said: "I cannot believe that this has really happened. I was told by another agency that I would need to take out a loan to fund the course and was so worried. I am so happy and grateful to WorkNet for this opportunity, thank you so much."

Staff raise their hats

for the Waltham Forest Sickle Cell Action Support Group by raising over £760!

The Sickle Cell Society provides a wide range of services from information, advice and counselling, to financial help, holidays, briefings, seminars and training. The Society is committed to ensuring that sufferers benefit directly from voluntary donations that make up the welfare fund.

Debt advice event

Ascham Homes staff stepped out from behind their desks to help residents tackle their finances by giving common sense advice and offering debt management plans.

" We were able to give advice and information about important financial issues, a very worthwhile day" said: Rubeena Amanullah, Community Development Officer.

elfi

Are you struggling to pay your gas or electricity bills?

Help is available!!

The East London Financial Inclusion Unit is here to help you

We can help you apply for a grant from the EDF Energy Trust if you are a customer of:

London Energy, SWEB Energy Seeboard Energy - EDF Energy

We can also apply for a grant from the British Gas Energy Trust.

Please call **020 8534 3487**

The service is completely independent and strictly confidential.

EDF ENERGY TRUST

ELFI is a project of Waltham Forest Citizens Advice Service
This project is supported by the EDF Energy Trust

Extra money in your pocket

Council Tax Benefit and Housing Benefit rule change

From 2 November 2009, child benefit will no longer be counted as income when we assess Council Tax Benefit and Housing Benefit. This means that more people with children may now be eligible for these benefits.

For example, households with two children that are not getting maximum benefits could be better off by up to £24.33 a week (this adds up to nearly £1500 a year).

As a result of this rule change, more people will be able to claim and receive Council Tax Benefit and Housing Benefit. If you are receiving child benefit and have never made a claim before or if you have previously made a claim but were not eligible because your income was too high, please make a claim now so that you don't lose out.

If you want to make a claim, please complete the coupon (bottom of page) and return it to the address on the coupon.

You can also claim by telephone, online or by visiting one of our Waltham Forest Direct shops (see below for more details). If you are currently receiving Council Tax Benefit and Housing Benefit, we will automatically reassess your benefit from 2 November 2009 and write to you if you are affected by the change.

If you are receiving Income support, Income-based Job Seekers Allowance, Income-based Employment and Support Allowance, Guarantee Pension Credit or you are already getting maximum Council Tax Benefit and/or Housing Benefit, the change will not affect your benefit entitlement.

To obtain an estimate of Council Tax Benefit and/or Housing Benefit you may get before and after the change, you can use the online Benefits Calculator. This calculator can be found at **www.walthamforest.gov.uk/benefits-calculator**

Please note: this is only an estimate. To claim a benefit, please make a formal application.

Contacting the Benefits Service

You can make a claim via the following:

- Telephone: call 020 8496 6690 during normal office hours (Monday–Friday between 9am–5pm).
- Online: **www.walthamforest.gov.uk/benefitsonline**
- Waltham Forest Direct (WFD) shops: Benefit officers can help you make a claim and work out your benefit entitlement on the spot if you have all the supporting documents we need. Please visit your nearest WFD shop:

WFD – Leyton 772-776 High Road, Leyton, E10 6AE

WFD – Walthamstow 137 Hoe Street, Walthamstow, E17 4RT

WFD – Leytonstone 619 High Road, Leytonstone, E11 1HQ

WFD – Chingford 266 Chingford Mount Road, Chingford, E4 8LP

WFD shops are open between 8.30am– 6pm Monday to Friday and 9am–1pm Saturday.

Please note: there are no Benefit officers at the WFD shops on Saturday but you can drop off your supporting documents and make general enquiries. The shops are at their busiest all day on Monday and Tuesday and between 12noon–3pm on all other days. You may want to visit outside these times to avoid long wait times.

- Home visit: if you are housebound and need help making a claim, we can arrange for an officer to visit you at home. To make an appointment, please contact us by telephone, email or post (contact details below).

For general enquiries, please contact us:

- Telephone: 020 8496 3000 (24 hours a day, seven days a week)
- Email: revenue.services@walthamforest.gov.uk
- Write to: The Benefits Service, PO Box 856, London E17 9PN

Waltham Forest

I wish to register my intention to make a claim for Council Tax Benefit/ Housing Benefit.

Name: .....

Address: .....

..... Postcode: .....

Telephone number: .....

Return to:

Compliance Team
The Benefits Service
PO Box 856
London
E17 9PN

Ref: HB/CT1

Our performance for the month of August 2009

Estate Inspections: We aim to make sure 99% of estates inspected achieve a grade A or B for cleanliness	99.46%	
Leasehold service charge collection: We aim to 100% of Service Charges	112.83%	
Rent collection: Our target is to collect 98.20%	94.75%	
Right to repair: We aim to complete 98.5% of urgent repairs on time	98.93%	
Repair appointments made and kept: Our target is to make and keep appointments for 98% of non-emergency repairs	78.54%	
Average time to complete repairs: Our target is to complete non-urgent responsive repairs in **9 days**	5.37 days	
Repairs right first time: We aim to complete 80% of repairs 'right first time'	91.58%	
Resident satisfaction with major works: Our target is to achieve **90%** satisfaction for capital works completed	98.10%	
Resident satisfaction with day to day repairs: Our target is to achieve **90%** satisfaction for capital works completed	88.14%	

Rents service on the up

Over 700 tenants contacted our rent team during the summer. Our thanks go to the 100 tenants who filled out our satisfaction survey. 84.7% said they were (very or fairly) satisfied with the rent service overall and 81.4% were satisfied with the service they received when they telephoned our team.

The prize draw winner will be announced in the November issue of 'ahead newsletter'.

Council Leaseholder news

For Leaseholders who lease their property from Waltham Forest Council

You said, we did...

You said…
that you were concerned about the value for money of your service charges.

So we…
have included an explanation about your charges with your bill.

You said…
that you wanted a Leaseholder Handbook.

So we…
are the process of producing one and will ask the new Leaseholder Focus Group for their views before it is published.

You said…
that you wanted a newsletter for leaseholders.

So we...
produce a quarterly newsletter and consult with members of the Leaseholder Focus Group.

You said…
that you would like to be able to use our contractors for work inside your homes.

So we… put you in touch with our contractors for works like rewiring, heating, new kitchens and bathrooms.

j&p
judge&priestley
SOLICITORS • EST. 1889

Legal services

The tendering of legal work took place with the help of leaseholders and as a result we have re-appointed Judge & Priestly on a 'no win, no fee' basis for the service charge debt recovery cases.

Keeping down the costs

There is always a lot of news to deliver to you and sometimes the most cost effective way, is by enclosing it with the service charge statements. We have costed for sending you out information separately but this approach is much more costly.

Tick Scheme Group - needs you

We are in the process of reviewing our leasehold policies and would like to hear from leaseholders who have a flair for editorial critique. Please contact Judi Samuels, Communications Co-ordinator on 020 8496 4576 to find out more.

Help with water bills

Thames Water has set up a new Charitable Trust and has committed £5 million for the next two years to help people in debt who are unable to pay their water bills.

The Trust can give grants, mainly to help with water debt but can also give help towards other priority household bills. For more information, applications forms or leaflets telephone 0300 123 6001 or email to office@twtf.org.uk.

Thames Water Trust Fund

Our Safety

In brief

Keep safe in winter

Winter is on its way and with the clocks going back soon, residents will be keen to keep their families safe and secure as the nights draw in.

Here are some handy hints to keep yourself safer when you are out and about.

Make sure that your children's safety whilst travelling to and from school is a priority. Always plan your route, choosing the most direct well-lit way. Stay away from places with few people around. Don't let older children travel home alone at night and make sure you know who they are with.

- **For more information contact the borough's Community Safety Team on 020 8496 3000.**

Report domestic violence

A scheme offering free confidential legal advice to victims of hate crime or domestic violence is a year old.

The Report It scheme can help people report crime, assist in making court orders, improve home security and access counselling services.

Domestic violence is any violence or threat of violence that takes place in or outside the home between family and household members or partners in existing or previous relationships.

Hate crime is a crime or incident committed against someone because of their age, colour, sex, race, national origin, religion, sexuality, disability, political beliefs or refugee or asylum seeker status.

- **For more information on Report It call 020 8558 6928 or email support@reportit.me.uk**

Beware rogue doorstep traders

The Office of Fair Trading has launched a campaign to protect residents from rogue doorstep traders.

Canvassing on the doorstep is not illegal, but the OFT are offering residents advice on avoiding traders of ill repute.

Your Doorstep, Your Decision starts in November and advises people to be aware of cons involving roof tiles "looking unsafe", discounted cavity wall insulation and driveway maintenance.

The OFT advise residents to shop around for the best price, check traders are part of a reputable trade body and not agree to work starting immediately. They also recommend you don't pay a cash deposit.

- **For more information contact the Consumer Direct advice line on 08454 04 05 06.**

Trading Standards officers swooped on local loan shark

Loan shark sentenced

- **Xxxxxx xxxxx pleaded guilty to illegal money lending and money laundering**
- **Xxxxxxxxxx charged 213 percent interest to borrowers in Waltham Forest**

A loan shark who operated in Waltham Forest has been given a three-month sentence, suspended for 12 months, and a 100 hour community work order.

Xxxxxx xxxxxx xxxxxxxx xxxxxxxxx, pleaded guilty to illegal money lending and money laundering at Snaresbrook Crown Court and was sentenced on 30 September.

Known to borrowers as xxxxxxx xxxxx xxxxxxxx had 58 victims who he lent money to over a five-year period. Some loans were as large as £15,000, and he charged interest rates as high as 213 percent APR.

Borrowers in Waltham Forest were told they had to pay regular 10 percent interest payments until they could afford to pay off the money in one lump sum.

Xxxxxx was investigated and prosecuted in a joint operation by the London Trading Standards illegal money lending team and Enfield Trading Standards.

When officers searched his home they found over £9,000 cash in a kitchen draw alleged to be the proceeds of his crimes.

If you have borrowed money from a loan shark you are under no legal obligation to repay the debt, and should contact Trading Standards immediately. They will help you deal with your situation.

More info

For more information on loan sharks you can contact the National Illegal Money Lending Hotline **0300 555 2222**

Cash believed to be proceeds of Ashman's crimes

Be vigilant – help beat the criminals

- **New steps unveiled to beat the burglars in Waltham Forest**
- **Council one of more than 30 areas to benefit from government funding**

Waltham Forest has unveiled a range of initiatives designed to tackle burglary and robbery after being given more than £120,000 from the government to tackle the problems.

The borough is one of 30 Vigilance areas which has accepted the money as part of a major government programme on serious acquisitive crime.

Waltham Forest Council and the police decided to take part in the project because robbery and burglary are two of the crimes which have the greatest impact on people's lives and both organisations are determined to reduce crime and improve the quality of life for residents.

The money will be spent on a massive property marking scheme, high visibility police patrols in areas with higher than average burglary and robbery rates. Homes split into large numbers of bedsits will receive security upgrades to deter thieves.

There will also be a drive to increase the number of Neighbourhood Watch groups which have been shown to be successful in reducing crime in their areas.

Further cash will be spent on preventing previous offenders from committing further crimes and analysts will also get further training so they can spot developing crime trends more rapidly.

According to police statistics in the 12 months to July 2009 burglary in Waltham Forest rose six percent and robbery increased 1.6 percent.

More info

For more information on burglary reduction visit **www.walthamforest.gov.uk/safety** or ring the Council's crime prevention unit on **020 8496 3000**.

Don't make it easy for burglars

Fact file

- More than a third of burglaries are crimes of opportunity, where a burglar lets themselves in through an unlocked door or window
- You are ten times more likely to be burgled if you don't have basic security - something as simple as putting strong locks on your doors and windows will keep your house much safer
- Burglary has fallen by nearly 60% since 1995, but criminals are opportunists who will take advantage of any chance to steal from you, so stay aware
- Check doors and windows are locked when you leave the house
- Leave lights and radio on a timer so it looks like someone is in at night
- Fit a good fence, padlock side gates and ensure your shed is locked
- Don't leave valuables where they can be seen from outside.

Alcohol Awareness Week
19 - 25 October 2009
Time to rethink your drink?

We are urging residents to 'rethink your drink' during Alcohol Awareness Week, which begins on Monday 19 October.

To mark this event we are holding an information stall on sensible drinking at the Walthamstow Mall on Thursday 22 October between 11am and 3pm.

Throughout the day there will be:

- Self help tools such as drink diaries to help you take stock of how much you are drinking in a week
- Screening tools to find out if you are drinking within the recommended limit or at a risk level
- Practical tips on how to cut down
- Information on how to calculate units
- A new NHS treatment directory on where to find help.

There will be representatives from alcohol service providers, NHS Waltham Forest, Public Health and Waltham Forest Council's Community Safety Team.

Know your units

The NHS recommends that:

- Men should not regularly drink more than three to four units of alcohol per day.
- Women should not regularly drink more than two to three units of alcohol per day.

These are the unit strengths of some common drinks:

Drink	Units
Wine – standard 175ml glass: 12 per cent	2.1
Wine – large 250ml glass: 12 per cent	3
Wine – 750ml bottle: 13.5 per cent	10
Beer/lager – pint: 4 per cent	2.3
Beer/lager – pint: 5.2 per cent	3
Strong cider – 440ml can: 9 per cent	4
Strong cider – litre: 9 per cent	9
Alcopops – 275ml bottle: 5 per cent	1.4
Spirits (e.g. vodka/gin) – 25ml single: 40 per cent	1
Spirits (e.g. vodka/gin) – 50ml double: 40 per cent	2

For further information visit www.nhs.uk/units

Where to find help?

There is a wide range of services in Waltham Forest where you can seek advice:

Community Drug and Alcohol Team
Larkswood Centre, Thorpe Combe Hospital
714 Forest Road, Walthamstow E17 3HP
Tel 0844 600 1200/1241

Turning Point Waltham Forest Integrated Services
Alpha Business Centre
Unit 29 and 46, 60 South Grove
Walthamstow E17 7NX
Tel 020 8223 9580

Qalb Centre
Qalb Centre, Low Hall Lane, E17 8BE
Tel 020 8521 5223

Services for young people
722
High Road Leytonstone, E11 3AJ
Tel 020 8496 5020
www.walthamforest.gov.uk/drugs

NHS Waltham Forest

Waltham Forest

Our Future

In brief

2012: nice to media

Construction work for the Olympic and Paralympic Games is tearing ahead, and the latest big build to take shape is the International Broadcast Centre (IBC) – good news considering many of us will be keeping tabs on events on the telly, internet or via whatever newfangled mobile phone technology surfaces between now and 2012.

The media centre's huge steel frame is now in place and, once completed, the building will support a staggering 20,000 broadcasters, photographers and journalists who'll report all the triumphs and tears of the Games to an estimated four billion people worldwide.

• For more information on the Games and their legacy visit www.london2012.com

Local design consultancy Arclight East Ltd hard at work

Putting local business first

- **Times are tough, but help is at hand for small businesses**
- **Organisations like CompeteFor and East London Business Place can help your company win business**

While the economic downturn has put many local businesses in a tight spot, there is help at hand for those who need it.

A recent 'Meet The Big Buyer' event was a perfect case in point, aiming to match the skills and knowledge of local traders with the needs of bigger businesses.

One local company to attend was Chingford-based design consultancy Arclight East Ltd, and the business has already noticed some positive results. "To have all these companies together in one place and to have so many decision-makers at the event was great," explains Managing Director Paul Phillips. "Face-to-face meetings are always better than cold calling and I could, thanks to a little pre-event homework, give people packs showing case studies relevant to their industries. We're already working on a design project for a main contractor and have had promising feedback from other companies as well."

While Paul admits that times are tough for small businesses with clients squeezing their budgets and being more price-conscious than ever before, he suggests the key to survival is all about constantly reviewing costs and keeping up to date with the latest innovations. "My best piece of advice is to keep talking to people," he says. "Don't let existing clients forget about you and keep them aware of recent wins and new ideas you or your supply chain can offer. There are also organisations like 'CompeteFor' and 'East London Business Place' that can really help your company win business."

More info

For more information on what the Council is doing to help small businesses call **020 8496 3000** or visit **www.walthamforest.gov.uk/working-with-local-suppliers**

WATCH YOUR WASTE WEEK 2009

If you are interested in saving some money and reducing your rubbish then look no further.

Watch Your Waste Week is an exciting initiative running across Waltham Forest from 17 – 25 October 2009. The week is designed to show you how easy it is to produce less waste, save money and help the environment.

Look out for a Watch Your Waste Week near you:

Compost day - Saturday 17 October, 10am-2pm
Waste and Recycling Education Centre
Pimp Hall Nature Reserve, 48 Kings Road, Chingford E4 7HR

Forest Recycling Project -
Wednesday 21 and Thursday 22 October, 10am-8pm
2c Bakers Avenue, Walthamstow E17 9AW

Give and take day - Sunday 25 October, 11am-3pm
Outside Sainsburys, Walthamstow Avenue, Chingford E4 8ST

For practical advice and useful tips on slimming your bin go to:
www.nlwa.gov.uk/watchyourwaste
or telephone 020 8489 5366

WATCH YOUR WASTE

NHS
Waltham Forest

Afzal Akram, Chair, NHS Waltham Forest

Welcome to your NHS Waltham Forest Page
This week we're getting behind the 'Know Your Limits' campaign because alcohol, along with smoking, is one of the leading causes of health problems in Waltham Forest. We also have some important information about the continuing cervical cancer vaccination programme in the borough and would like to say a big 'thank you' to everyone who came to our recent public event and gave us their views and ideas.

We'll keep you up to date with all the latest NHS news right here in Waltham Forest News.

This week is Alcohol Awareness Week and drinkers in Waltham Forest are being urged to 'Rethink your Drink'. People across the country are being asked to look at how much they drink by keeping a drink diary for the week.

How much should I be drinking?

Men should be drinking no more than 3-4 units a day (about two pints or two cans) and women no more than 2-3 units daily (a large glass of wine).

What are the risks?

Drinking more than this can increase your risk of heart disease, breast cancer, liver disease, stroke and other diseases. It can also affect your general health. Keeping a drink diary for a week is easy, and can really make you stop and think about whether you ought to be cutting back.

Information and help

To mark Alcohol Awareness Week, a sensible drinking stall will be at the Mall in Selborne Walk, Walthamstow, on Thursday 22 October from 11am-3pm.

- Pick up your Drink Diary
- Find out if you are drinking within the recommended limits
- Practical tips on how to cut down
- Find out where to get help.

Where to find help in Waltham Forest?

Turning Point Open access service - Unit 18, Alpha Business Centre
60 South Grove, London E17 7NX,
Tel: 020 8223 9850

This is an open access/ drop in service for alcohol and drug users.

www.walthamforest.nhs.uk

NHS Waltham Forest has just launched its new website at: www.walthamforest.nhs.uk. We have worked hard to improve it, making it easier and quicker for you to find the information you need about health services in your area. Take a look and let us know what you think. We welcome your feedback as it will help us make sure we keep improving. Visit the new poll feature and tell us what you think.

Residents tell us what they think

Around 200 members of the public met with health bosses recently to discuss improvements in local services over the last year, to hear what plans the NHS and its partners have, and what else can be done to improve health across the borough.

Residents told us that the main issues in Waltham Forest are health promotion and awareness, diet and the costs of healthier food, communicating better with schools, patients and residents, more resources for older people and investment in cardiac services.

A film about the polyclinic in Leyton was also screened. Sally Gorham, Chief Executive, reviewed the last year's work and confirmed that NHS Waltham Forest is committed to opening more polyclinics and better services for older people, and is working jointly with the London Borough of Waltham Forest to achieve the latter.

The HPV vaccination programme

The vaccination programme against cervical cancer is continuing in Waltham Forest. One batch of the HPV vaccine was recalled as a precautionary measure following the recent, tragic death of a Coventry schoolgirl before pathologists confirmed she had died from a malignant tumour.

The Department of Health has been clear all along that there is no reason to suspend HPV immunisation.

"We have one of the most successful immunisation programmes in the world and have great confidence in the safety of them," says Director of Public Health, Andy Beckingham. "Young girls can continue to protect themselves against cervical cancer by having this vaccine. The HPV vaccine has passed rigorous safety testing needed for it to be used in the UK and other European countries."

More than 1.4 million doses have now been given in the UK. The vaccine could eventually prevent up to 400 deaths due to cervical cancer every year.

In the UK, about 3000 women are diagnosed with cervical cancer every year and about 1000 die from it. Being able to protect young women against this disease is an important development and evidence is clear that the vaccine is very safe.

If parents or young people are concerned about the safety of any vaccine they should speak to their GP to discuss their concerns, visit NHS Choices at www.nhs.uk or call NHS Direct on 0845 46 47. Further information for parents, carers and girls about the vaccination programme is available on the NHS immunisation website (www.immunisation.nhs.uk/hpv).

Public Notices

Highways

**LONDON BOROUGH OF WALTHAM FOREST
ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14(1) THE WALTHAM FOREST (VARIOUS HIGHWAYS MAINTENANCE) (TEMPORARY PROHIBITION OF TRAFFIC) ORDER 2009**

1. The Council of the London Borough of Waltham Forest HEREBY GIVES NOTICE that on the 16th October 2009 it made an Order to enable resurfacing works to be carried out in a safe and efficient manner in certain roads, the general effect of which will be, only at such times and to such extent as regulatory signs are displayed, to restrict traffic (except works vehicles) in those roads.

2. Whilst the works are being carried out, no person shall cause or permit any vehicle to enter, proceed in, or wait for any purpose, at any time:-

(a) in Chingford Mount Road, E4, between its junctions with Larkswood Road and Higham Station Avenue, E4;

(b) in High Road, E10, between its junction with Capworth Street and Hoe Street; and Hoe Street, E17, between its junctions with High Road and Boundary Road;

(c) in Greenway Avenue, E17, between its junctions with Forest Rise and Upper Walthamstow Road;

(d) in Tower Mews, E17;

(e) in Higham Station Avenue, E4, between its junctions with Chingford Mount Road and Lena Kennedy Close;

(f) within 20 metres of the streets or lengths of street specified in paragraphs (a), (b), (c), (d) and (e) above.

(vehicles waiting in disregard of the Order will be removed).

3. Whilst the prohibitions referred to above remain in force alternative routes for traffic will be indicated by traffic signs.

4. The prohibitions mentioned above will not apply in relation to any vehicle being used -

(a) in connection with the said works; or

(b) for ambulance, fire brigade or police purposes in an emergency, if the works allow.

5. The Order will come into operation on the 20th October 2009 and would be valid for a maximum period of 18 months or until the works are completed, whichever is the sooner.

NOTE: All works are expected to be complete over a period of 3 months. The roads will not be closed simultaneously but in a sequence as directed by the Council. Leaflets will be distributed and signage placed in advance of any works in the above mentioned roads which will give more specific details on the exact dates of the prohibitions, effects of any temporary traffic management and diversion routes as necessary.

Dated 19th October 2009
Mr K Valavan, Head of Highways and Infrastructure, Public Realm, Low Hall, Argall Avenue, London, E10 7AS

**LONDON BOROUGH OF WALTHAM FOREST
ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14(1) THE WALTHAM FOREST (NIGHTINGALE AVENUE AREA) (TEMPORARY PROHIBITION OF TRAFFIC) ORDER 2009**

1. The Council of the London Borough of Waltham Forest HEREBY GIVES NOTICE that it intends to make an Order to enable road marking works for the Nightingale Avenue, E4 area, local safety scheme to be carried out in a safe and efficient manner in certain roads, the general effect of which will be, only at such times and to such extent as regulatory signs are displayed, to restrict traffic (except works vehicles) in those roads.

2. Whilst the works are being carried out, no person shall cause or permit any vehicle to wait for any purpose, at any time within a distance of 20 metres from the following junctions:-

(all roads in E4) The Avenue and Forest Glade; The Avenue and Nightingale Avenue; The Avenue and Sunnydene Avenue; Sunnydene Avenue and Sheredan Road; Sheredan Road and Clivedon Road; Clivedon Road and Hansworth Avenue; Sheredan Road and Nightingale Avenue (vehicles waiting in disregard of the Order would be removed).

3. The prohibitions mentioned above would not apply in relation to any vehicle being used -

(a) in connection with the said works; or

(b) for ambulance, fire brigade or police purposes in an emergency, if the works allow.

4. The Order would come into operation on the 3rd November 2009 and would be valid for a maximum period of 18 months or until the works are completed, whichever is the sooner.

NOTE: Leaflets will be distributed and signage placed in advance of any works in the above-mentioned roads which will give more specific details on the exact dates of the prohibitions and effects of any temporary traffic management.

Dated 19th October 2009
Mr K Valavan, Head of Highways and Infrastructure, Public Realm, Low Hall, Argall Avenue, London, E10 7AS

**LONDON BOROUGH OF WALTHAM FOREST
ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14(1) THE WALTHAM FOREST (BILLET ROAD, BLACKHORSE LANE, BLACKHORSE ROAD and ST. JAMES'S STREET) (TEMPORARY PROHIBITION OF TRAFFIC) ORDER 2009**

1. The Council of the London Borough of Waltham Forest HEREBY GIVES NOTICE that it intends to make an Order to enable local safety scheme construction to be carried out in a safe and efficient manner in certain roads in E17, the general effect of which will be, only at such times and to such extent as regulatory signs are displayed, to restrict traffic (except works vehicles) in those roads.

2. Whilst the works are being carried out, no person shall cause or permit any vehicle to:-

(a) wait for any purpose, at any time:-

(i) in Billet Road, E17, between its junction with Higham Hill Road and Sutton Road (southern intersection);

(ii) in Blackhorse Lane, E17, between its junction with Sutton Road and St. Andrew's Road;

(iii) in Blackhorse Road, E17, within 20 metres of its junctions with Chewton Road and Courtenay Road;

(iv) in St. James's Street, E17, between St. James's Street station and its junction with Station Road;

(v) within 20 metres of any road or length of road mentioned above;

(b) enter or proceed within 20 metres of the following junctions:- Billet Road, E17, junctions with Sinott Road and Sutton Road; Blackhorse Lane, E17, junctions with Sutton Road and Shakespeare Road; Blackhorse Road, E17, junctions with Courtenay Road and Chewton Road.

3. Whilst the prohibitions referred to above remain in force alternative routes for traffic would be indicated by traffic signs.

4. The prohibitions mentioned above would not apply in relation to any vehicle being used -

(a) in connection with the said works; or

(b) for ambulance, fire brigade or police purposes in an emergency, if the works allow.

5. The Order would come into operation on the 3rd November 2009 and would be valid for a maximum period of 18 months or until the works are completed, whichever is the sooner.

NOTE: All works are expected to be complete over a period of 3 months. The roads will not be closed simultaneously but in a sequence as directed by the Council. Leaflets will be distributed and signage placed in advance of any works in the above mentioned roads which will give more specific details on the exact dates of the prohibitions, effects of any temporary traffic management and diversion routes as necessary.

Dated 19th October 2009
Mr K Valavan, Head of Highways and Infrastructure, Public Realm, Low Hall, Argall Avenue, London, E10 7AS

Planning

**LONDON BOROUGH OF WALTHAM FOREST
PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) ACT 1990 - SECTION 67**

NOTICE IS HEREBY GIVEN that the following application for a building within a Conservation Area has been made to this Authority.

APPL.NO 2009/1208
APPLICANT Mr Robert Gillies
ADDRESS 60 Eden Road, Walthamstow, London E17 9JT
PROPOSAL Installation of new front door.

APPL.NO 2009/1247
APPLICANT Mr & Mrs Mazhar Chaudhry
ADDRESS 17 Ropers Avenue, Chingford, London E4 9EG
PROPOSAL Erection of a two storey side extension and single storey rear extension. Formation of room in the roof involving installation of dormer window.

APPL.NO 2009/1220
APPLICANT Miss Janice Tildsley
ADDRESS 58 Eden Road, Walthamstow, London E17 9JT
PROPOSAL Installation of new front door.

APPL.NO 2009/1254
APPLICANT Mr Nader Sarabadani
ADDRESS 18 Thornhill Road, Leyton, London E10 5LL
PROPOSAL Ereection of 2 storey side and first floor rear extension.

The application is open to inspection by the Public at the offices of the Development Management, Sycamore House, Town Hall Complex, Forest Road, London E17 4JF between the hours of 9.00a.m. - 5.00p.m. Monday to Friday. Any representations relating to the application should be made in writing to the Planning Division within 21 days of the date of this Notice.

Dated 19 October 2009

David Scourfield
Head of Development Management
on Behalf of London Borough of Waltham Forest

PRESS STATEMENT

The Dale, Land rear of 81-89 Dale View Crescent, Chingford, London E4 6PL

Mr Brian Gage and Mrs Gillian Gage have appealed against the London Borough of Waltham Forest's decision to serve an Enforcement Notice) for the unauthorised change of use of a garage to residential use and the unauthorised erection of a single storey building.

An Inquiry is to be held on Wednesday 18th November 2009 at 10am at the Town Hall, Forest Road, Walthamstow, London E17 4JF. An independent Planning Inspector appointed by the Secretary of State for Communities and Local Government will chair the inquiry and decide the appeal.

Members of the public may attend the inquiry and, at the Inspector's discretion, express their views or send in written comments to the Planning Inspectorate at the address below quoting the reference: APP/U5930/C/09/2105157 and APP/U5930/C/09/2105158.

Contact point at the Planning Inspectorate: Mr Kevin Carpenter, Temple Quay House, 2 The Square, Temple Quay, Bristol, BS1 6PN. Tel: 0117-372 6344.

If members of the public wish to discuss the case with an officer of the Council, they should contact Kelvin Bathie on 020 8496 6720.

WIN! The NEW Apple iPod Shuffle 2GB.

You wouldn't want to be seen out and about with an out of date MP3 player now would you? Well now, thanks to Waltham Forest News, you don't have to.

We've got our hands on one of the world's smallest MP3 players, the new iPod Shuffle, and we're going to hand it over to one lucky winner in this week's competition. Perfect for jogging, walking in the park or discreetly catching up with the latest Chris Rea album in that boring accounts meeting!

The NEW Apple iPod Shuffle

- Holds up to 500 songs. • Rechargeable via a USB.
- Downloads iTunes. • Support for multiple playlists.
- World's smallest music player. • Battery life 10 hours.
- First music player that talks to you. • Sleek and wearable anodized aluminium design.
- Includes Apple earphones, remote and iPod shuffle USB cable.

All you have to do to be in with a chance of winning is tell us which of the following is a type of apple. a) Raeburn, b) Hepburn, c) Braeburn

Send your answer to: iPod competition, Waltham Forest News, Corporate Communications, Waltham Forest Town Hall, Forest Road, London, E17 4JF by closing date of November 10.

WINNERS! WINNERS! WINNERS!

Indian meal at Cumin's Indian Bistro

Congratulations to Mrs Radford of E4 who has won an Indian meal for four people at Cumin's Indian Bistro in Walthamstow by spotting that Taglietelle is unlikely to be on the menu. Have a great night!

Important news from Waltham Forest Council's Benefits Service

Extra help for families

Change to the Council Tax Benefit and Housing Benefit rules

From 2 November 2009 there will be extra help available for families with children, as child benefit will no longer be counted as income for Housing Benefit and Council Tax Benefit. This could mean up to £28.22 more benefit every week for a family with two children.

If you get child benefit and haven't claimed housing benefit or council tax benefit before, or you did claim but your income was too high, you can claim now. Fill in the coupon and send it to us.

Please don't delay or you may miss out!

If you get Council Tax Benefit and Housing Benefit already, we will automatically reassess your benefit from 2 November 2009 and write to you if you are affected by the change.

If you only get Housing Benefit or Council Tax Benefit now, from the 2 November 2009 you may be entitled to both Benefits but you must make a claim. Fill in the coupon and send it to us.

I wish to claim Council Tax Benefit/Housing Benefit.

Name:.....

Address:.....

.....

.....Postcode:.....

Telephone number:.....

Signature:..... Date:.....

Please complete this coupon and return it to: The Compliance Team, Benefits Service, PO Box 856, London E17 9PN

You can also claim by:

Telephone **020 8496 8550** during normal office hours (Monday–Friday between 9am–5pm)

Online at **www.walthamforest.gov.uk/benefitsonline**

Visit a Waltham Forest Direct Shop They are open between 8.30am–6pm on Monday–Friday, and 9am–1pm on Saturdays.

- **WFD Chingford**
  265 Chingford Mount Road, Chingford, E4 8LP
- **WFD Leyton**
  772-776 High Road, Leyton, E10 6AE
- **WFD Leytonstone**
  819 High Road, Leytonstone, E11 1HQ
- **WFD Walthamstow**
  137 Hoe Street, Walthamstow, E17 4RT

If you are housebound and need help making a claim, we can arrange for an officer to visit you at home. Please contact us to make an appointment.

For general enquiries, please contact us by:

- Telephone **020 8496 3000** (24 hours a day, seven days a week)
- Email: revenue.services@walthamforest.gov.uk
- Write to: **The Benefits Service, PO Box 856, London, E17 9PN**

Waltham Forest

Family Information Service

A confidential service providing free and impartial information and support to families with children and young people aged 0-19 and up to 25 for people with disabilities.

Ask us about:

- Childminders • Day Nurseries • Children Centres
- Crèches • Pre-schools • Parent and Toddler groups
- After School and Breakfast Clubs
- Holiday Playschemes
- Extended services

We also provide support and information on:

- Working Tax Credits and Child Tax Credit
- Free part-time early education places for 3 to 4 year-olds
- Special needs inclusion
- Working with children
- Training opportunities
- Becoming a registered childminder or opening a childcare provision

Phone: 020 8496 3000
Email: wffis@walthamforest.gov.uk
Website: www.walthamforest.gov.uk/fis

Waltham Forest

We need your back-up

Sign our petition to help us to secure 120 extra police officers for Waltham Forest.

Visit **www.walthamforest.gov.uk/backup** or complete and return the coupon below.

The evidence is clear

Our analysis of official police data shows that Waltham Forest is owed at least 120 police officers.

- Not only does Waltham Forest have the eighth highest rate of serious crime per 1,000 population, we also have the fourth highest rate of serious crime per police officer in London.
- In comparison to Hackney, which has similar crime levels, we have 199 fewer police officers. We do not think this is right.
- Just to reach the London average of police officers per serious crime we would need an extra 127 officers.
- A special report commissioned by the Metropolitan Police themselves identified our borough as having a unique crime profile and set of challenges to face.

Waltham Forest

Waltham Forest is calling for back-up

I support Waltham Forest's campaign to secure 120 additional police officers to reach a fair level of police resourcing in the borough.

Name:

Address:

Postcode:

Email:

Comments:

Thank you for showing your support.
Please return this coupon to:

FREEPOST RRGL-ZXTL-GZXZ
London Borough of Waltham Forest
Waltham Forest is calling for back-up
Town Hall, Walthamstow, E17 4JF

By completing this coupon you are agreeing to be contacted with more information about this campaign.

☐ Please tick here if you do not wish to receive this.